



Dover Swims

Dover Recreation

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April 2011

Ann Fredette Recognized for Heyliger Award in Aquatics and as Dover Recreation Volunteer of the Year!

The City of Dover held its annual Recreation Volunteer and Sponsor of the Year Awards ceremony on March 24 hosted by the Moose Club. The ceremony began with Heyliger Awards, with Ann Fredette winning recognition for her work with the aquatics program. The culmination of the evening was the announcement that Ann was also selected to receive the Recreation Volunteer of the Year Award.

According to Ann, "I was thrilled to receive the Heyliger Award in Aquatics. Don Heyliger was a good friend, so that personal connection made the award especially meaningful. When I learned that I had won (the Volunteer of the Year Award), I was totally shocked and overwhelmed. I like to compete and sometimes I get worked up about things. I thought I could have done so much better with the Pool-a-Thon." Her efforts with the Pool-a-Thon in January netted almost \$15,000 in support of Dover's pools. "People really responded and it was a community effort. Kids I used to teach or coach and some old friends got back in touch. I wanted to cry after receiving some of their generous donations."

Although her work with the Pool-a-Thon was a key factor in her nomination, the selection committee for the awards also noted Ann's long-term commitment to swimmers, the pools, and the community. The indoor pool came into being at just about the same time as her oldest son. She started swimming actively when she was 28 due to a health issue. She taught swimming lessons and became more involved. As her children grew, they, too, became more involved. Her husband, Bob, active with the Seacoast Swimming Association and a referee, won the Heyliger Award for Aquatics in 1995. Although Ann no longer teaches or coaches, she is a swimmer with Great Bay Masters and an avid proponent of exercise. "We are so lucky to have the pools. Recreation is so important." While that is certainly true, it is also true that the pools are lucky to have Ann Fredette.

The Heyliger Awards were created to honor Don Heyliger, former Director for the Dover Recreation Department. Awards go to volunteers based on nominations from the various recreation areas. For more information about the Heyliger Awards or the Recreation Volunteer and Sponsor of the Year Awards, please contact Gary Bannon, Dover Recreation Director, at 516-6410 or g.bannon@doover.nh.gov.



Inside this issue:

Help Wanted 2

Summer Swim Lesson Information 2

Dover Pool Profiles: Jack Lewis 3

Giving to the Dover Pools 3

Pool Schedule 4

American Red Cross Lifeguard Training



Dover Recreation will again be offering a lifeguard training course this spring. The limit for this class is 10 participants so be sure to come to the Dover Indoor Pool as soon as you can to sign up and reserve your spot. The pretest for this course will be held on Monday April 25th at 3pm. You will be asked to perform a 300 yard swim using the breaststroke and front crawl as well as retrieving a 10 lb. brick from a surface dive in 10 ft. of water and bringing it to the side. The dates and times for the classes are as follows:

Saturday 4/30 11am-7pm
Monday 5/2 5pm-9pm
Wednesday 5/4 5pm-9pm
Saturday 5/7 11am-7pm
Monday 5/9 5pm-9pm
Wednesday 5/11 5pm-9pm
Thursday 5/12 6pm-9pm TEST DAY!

Attendance is required for all of the classes!



Help Wanted

The volunteer Dover Pool Advisory Committee currently has two openings for alternates. Meetings are held the first Monday of every month at 7:00 p.m.. The primary responsibility is a desire to keep the pools sustainable and financially viable through committee and sub-committee activities.

The positions are open to all adult residents of Dover. To apply, please complete a "Boards, Commissions, or Committee Application" available at city hall, on-line at in the "boards and commis-

sions" section at <http://www.ci.dover.nh.us>, or at the front desk at the indoor pool. The Dover City Council will review applications and appoint new committee members.

The committee is also eager to welcome swimmers from other towns and those who are younger than 18 years old. These people will not be able to vote on committee issues, but they will have an important voice.



Summer Swim Lesson Information

It's nearly that time of year again. The City of Dover Recreation Department will be offering four sessions of swim lessons during the summer season. Each session will take place Monday through Friday morning for a period of two weeks for a total of ten classes.

Registration Dates for Program 1 & 2:

Residents: 1pm June 4th

Non-residents: 1pm June 11th

Fees: Residents: \$45

Non-residents: \$60

All registrations for swim lessons take place at the Dover Indoor Pool. Proof of residency is required, you may only register family members from your own household.

Registration dates for programs 3 and 4 will not take place until later in the summer, you may not register for programs 3 and 4 before the scheduled registration dates. Registration dates for these programs will be July 16th for residents and July 23rd for non-residents. A full schedule will be made available after July 4th.

Program 1

6/27-7/8

We will have lessons on 7/4!

8:00-8:40am

Beginner Preschool*

Advanced Preschool*

Level 2

Level 4

Level 6

8:45-9:25am

Beginner Preschool*

Level 1

Level 2

Level 3

Level 5

9:30-10:10am

Advanced Preschool*

Level 1

Level 2

Level 3

Level 4

*Please note that all preschool classes are 30 minutes.

Program 2

7/11-7/27

8:00-8:40am

Beginner Preschool*

Advanced Preschool*

Level 2

Level 4

Level 6

8:45-9:25am

Beginner Preschool*

Level 1

Level 2

Level 3

Level 5

9:30-10:10am

Advanced Preschool*

Level 1

Level 2

Level 3

Level 4

10:15-10:45am - Infant/Toddler



Dover Pool Profiles: Jack Lewis

"Try a new dive and don't be afraid of smacking". So advises Jack Lewis, a senior at Oyster River High School and the state's reigning boys high school diving champion. "Smacking (or missing the dive) is not as bad as one might think, especially if it occurs on a one meter diving board." It will be worse from three meters and worst from a ten meter platform. When people are afraid of heights, some are truly afraid of just being far from the ground, but what others actually fear is more a result of hitting the ground following a fall. Divers must not fear the height or hitting the water, and water from a great height might as well be the ground.

Jack started diving in sixth grade when his swim coach suggested he try a dive. With his background in gymnastics, Jack easily made the transition to diving and won his first championship two years later. He currently dives mostly from the one meter spring board. He is working on dives from three meters so he can better compete at the college level. He is not sure yet which college he will attend, but

diving will definitely fill a large chunk of his time.

Mastering a new dive takes Jack about one month. He spends 15 hours training per week during swim season and 8-9 hours training during the off-season. In a typical 2 hour practice, he dives into the pool 150-200 times. During a regular competition, he dives 11 times. In a championship event, he has 6 chances to impress the judges by how well he completes all elements of the dive, how his body movements match the standard for the dive, and how much splash he creates when he enters the water. The highest and lowest scores are thrown out and the score of the four median dives is then multiplied by the level of difficulty to obtain the final score.

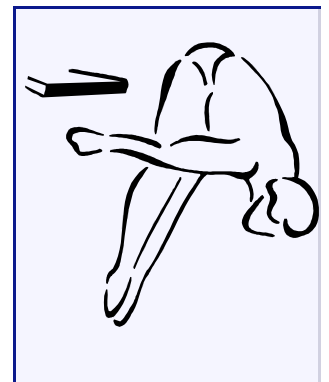
As a champion, Jack's score is usually among the highest. He was very happy recently to win his fourth and final state championship. In his junior year, however, his score at an important meet was just a hair below the highest, so he came in second. At the time he felt crushed, but

in retrospect, both winning and losing are important. He happily acknowledges the rush he feels when his training has paid off, but he also recognizes that he still has much to learn from those who are better than he is. He has learned a lot from his coaches and other divers, and he has been inspired by diving legend Greg Louganis and local diving Olympic hopeful, Jessica Parratto.

Jack will graduate from high school on June 10. He hopes to study graphic art or sports writing at college. After college, he hopes to coach diving. He is thankful for the opportunities he has had through swimming and diving and for the unwavering support of his parents. Following college, he hopes to stay in this area. We hope so, too, but no matter where he lands, he will certainly dive right in. Through his training, he will not fear "smacking". He knows that a rough landing is sometimes simply part of the process; he will just get up and try again.



Jack Lewis
and his newest diving medal.



Giving to the Dover Pools

The first Dover **Pool-a-Thon** fundraiser took place January 23—January 29 and raised nearly \$15,000. All swimmer groups worked hard to seek pledges. The money raised helped the pools financially, but also showed strong community support for the pools and the people who enjoy them. The Pool-a-Thon is over for this year, and the funds for the pools have a good start, but the need for donations continues.

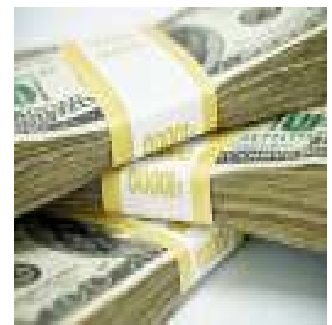
Dover has two funds that were created in 2010 to help the financial situation of the pools. Donation to both funds are tax-deductible.

The **Dover Pool Fund** is a way for people to give directly to the pools. The Dover City Council, with guidance from the pool advisory committee, will decide how this money should be used most advantageously for pool-related expenses. This fund is the more immediate and usable form of donation. If you choose to donate in this way, please make your check payable to the City of Dover Pool Fund and mail to:

Dover Pool Fund
c/o City of Dover
61 Locust St.
Dover, NH 03820

The **Dover Pool Endowment Fund** was created by a generous private citizen to provide financial support for capital improvements and non-personnel related expenses at and for the pools. It is managed with the assistance of a city-appointed board and the city's trustees. As an endowment, only the interest from the fund can be used to support the pools. To donate, please make your check payable to the Dover Pool Endowment Fund and mail to:

Dover Pool Endowment Fund
c/o City of Dover
61 Locust St.
Dover, NH 03820



If you can afford a donation, small or grand, please give and show your support. The Dover City Council needs to see how much the pools mean to all the people of Dover and the region, now and for the future.

Thank you!!



DOVER INDOOR POOL SCHEDULE

Effective April 1, 2011

516-6441



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Lap 5:30-8:30 am	Early Bird Lap* 5:30-8:30 am	Early Bird Lap 5:30-8:30 am	Early Bird Lap* 5:30-8:30 am	Early Bird Lap 5:30-8:30 am	Program/Rental 7:00-10:00 am	Masters Swim 9:00-11:00 am
Hydrofitness 8:30-9:30 am	Lessons/Rental 8:30-9:30 am	Hydrofitness 8:30-9:30 am	Lessons/Rental 8:30-9:30 am	Hydrofitness 8:30-9:30 am		
Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am		
Adult Lap Swim 11:00am - 1:00pm						
Lessons/Rental 1:00-2:30 pm					Lessons/Rental 1:00-2:30 pm	
Rec Swim 2:30-4pm						
Program Rental 4:00- 7:00 pm	Program Rental 4:00- 6:30 pm	Program Rental 4:00- 7:00 pm	Program Rental 4:00- 6:30 pm	Program Rental 4:00- 7:00 pm	Program Rental 4:00- 6:00 pm	Mighty Seals 4:00-5:30 pm
Adult Lap/Rec 7:00-8:00 pm	Masters 6:30-7:45 pm.	Adult Lap/Rec 7:00-8:00 pm	Masters 6:30-7:45 pm	Rec. Swim 7:00-9:00 pm	Rentals 6:00-11:00 pm	
Adult Lap/Rec^ 8:00 -9:00 pm	Adult Lap/Rec^ 7:45-9:00 pm	Adult Lap/Rec^ 8:00-9:00 pm	Adult Lap/Rec^ 7:45-9:00 pm			

^The dive well may be closed during certain class times (i.e., LGT, WSI or SCUBA), Rec, Adult 2 lanes, WSI 2 lanes

* Early Bird swim on T/Th will begin at 6:30am starting at the end of April

REC SWIM: At this time, children **under 45 inches must have an adult in the water with them.** No lane lines will be in. There is no swimming in the diving well at this time except for normal diving board rules; going off the board and swimming across. No equipment is allowed in the pool, except for our life jackets. Children wearing one must have a parent in the water with them.

FEES (yearly membership excludes Hydrofitness and Masters)

	Daily	Punch Ticket (12)	*Yearly Indoor	6 Month Indoor
RESIDENT				
Adult	\$5.00	\$50.00	\$155.00	\$95.00
Senior	\$3.00	\$30.00	\$70.00	\$40.00
Youth	\$3.00	\$30.00	\$70.00	\$40.00
NON-RESIDENT				
Adult	\$10.00	\$100.00	\$310.00	\$186.00
Senior	\$6.00	\$60.00	\$140.00	\$84.00
Youth	\$6.00	\$60.00	\$140.00	\$84.00



Children age 3 and under are required to wear a swim diaper while swimming. They are available for \$2 each at the Indoor Pool.

Thank you for understanding.

Yearly memberships are good for one year from the date of purchase.

Age 2 and under swim for free!

Indoor Pool rental \$120/hr. (for 30 people or fewer) Add extra \$15/hr. for each group of 30 people or portion of 30 people over the original group. Lane rentals \$35/hr. Diving well \$35/hr.